

Prevents bone loss and fracture. Actonel (risedronate) is a first-choice treatment for osteoporosis, but taking it can be a hassle.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



† Data on frequency of side effects is not available.

Tips from pharmacists

- If you're taking the immediate release form of Actonel (risedronate), take it first thing in the morning when you wake up by swallowing the whole pill with a full glass of water.
- If you're taking the delayed-release form, take it immediately after breakfast with at least 4 ounces of plain water. Don't use mineral water.
- Remain sitting or standing, and don't take any other medicines, vitamins, antacids or supplements for at least 30 minutes after you take Actonel (risedronate).
- If you forget to take your dose, skip it and take it the following morning. Don't take 2 doses on the same day.
- Talk to your doctor if you experience pain with swallowing, pain in your body such as in the chest, stomach, jaw, hips or thighs, or problems with heartburn.

Risks and warnings

Contact your doctor if you experience any of these.

Irritation and ulcers in the stomach and esophagus

Some people taking Actonel (risedronate) have had stomach and esophagus irritation, including ulcers. Take Actonel (risedronate) first thing in the morning on an empty stomach. It is very important to remain standing or sitting upright for at least 30 minutes after you take the medicine to help stop this from happening. Talk to your doctor if this will be a problem for you. Also, talk to your doctor if you notice new pain while swallowing, or pain around the middle of your chest or stomach while taking this medication.

Pain in the bones and/or muscles

People taking Actonel (risedronate) have had severe pain in their bones and/or muscles. However, this is very rare. If this happens to you, stop taking Actonel (risedronate) and talk to your doctor.

Problems in the jawbone

Although rare, breakdown of the jawbone has happened in people taking Actonel (risedronate). This is more likely to happen if you have oral or dental surgery, or if you have poor oral hygiene. If you notice pain or swelling in your jaw, talk to your doctor right away. Also, tell your surgeon that you are taking Actonel (risedronate) prior to any oral/dental procedures.